

LITTLE ANGELS SCHOOL

Sector - 9, Ukkunagaram

GREEN NEWS

EVENTS UPDATE 2025-26

MONTH: SEPTEMBER

"Good nutrition creates health in all areas of our existence."

— T. Colin Campbell

National Nutrition Week celebrations



National Nutrition Week celebrations: 01-09-25 to 03-09-25

HIGHLIGHTS:

Day-1:

- A conversation on the importance of good nutrition was presented by students during the class assembly.
- A Read the Label programme was also conducted in the science periods, where students read and compared the nutritional information on packets of junk food and healthy food. They were guided to understand the differences and were explained the advantages of consuming home-cooked food for maintaining good health.





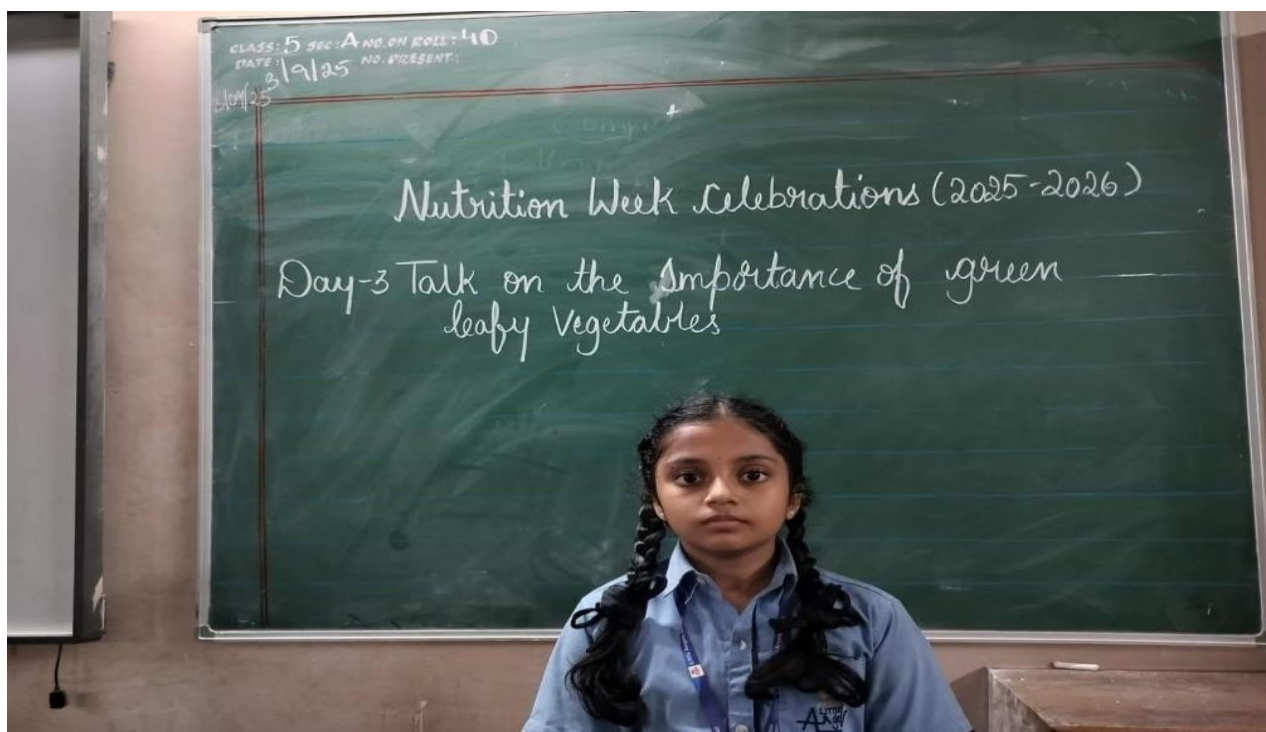
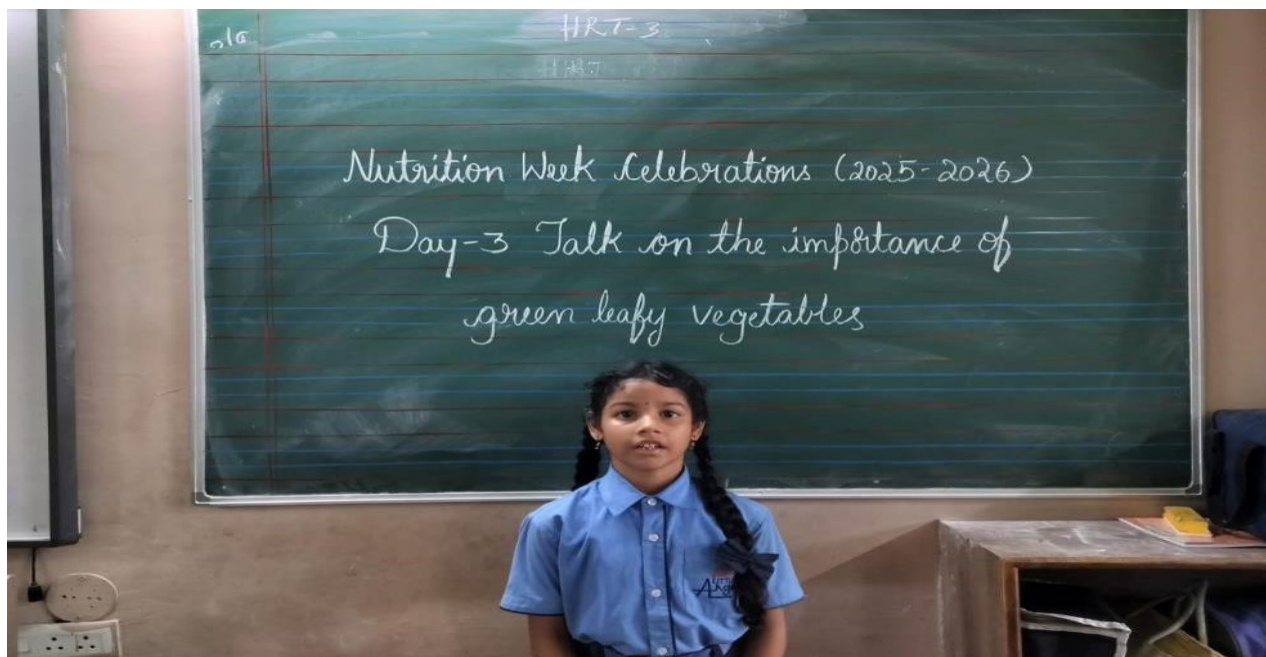
- **Day - 2: Students of classes 1–10 brought Granny's Recipes for snacks during the short break. Through this activity, students understood the health benefits of home-cooked food in comparison to snacks bought from outside.**





- **Day - 3:**

As a part of the National Nutrition Week celebrations, on Day-3, a special talk by the children was organized for the students of Classes 1 to 10. The session focussed on the importance of including green leafy vegetables in our daily diet, highlighting their rich nutritional value such as vitamins, minerals, iron, and fiber which help in maintaining good health, improving immunity, and enhancing overall growth. Along with this, the talk also addressed the issue of food wastage, emphasizing the need to develop mindful eating habits, the value of food resources, and ways to reduce wastage both at home and in school. The programme encouraged students to adopt healthy eating practices and become more responsible towards sustainable living.







FEEDING SMART ...RIGHT FROM START

"NOURISH TO FLOURISH"